

## AMENDMENTS TO THE CLAIMS

## COMPLETE LISTING OF THE CLAIMS

## Claims 1-6 (Original)

7. (New) A sock particularly adapted for use in Yoga exercises, Pilate exercises, stretching and other mat-based exercises, comprising:

a sock made of a natural, plastic or synthetic fiber,

said sock having an open front end with webbings extending across the open front end from a top of the sock to a bottom or sole of the sock to provide openings through which the toes of a user can extend, the webbings including four spaced apart webbings extending across the open front end between the top of the sock to the bottom or sole of the sock to provide five specific toe hole openings in the front end of the sock for receiving the toes of a user and

said sock having a non-skid structure on the sole thereof.